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CHRONIC AILMENTS AND THEIR  
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CHRONIC AILMENTS AND THEIR CURE.



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BY C. S. ELDRIDGE, M. D.  
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## CHRONIC AILMENTS AND THEIR CURE.

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No one can deny the truth of the proposition that every effect has its cause. When the source of failing health is not searched for and definitely located, how can treatment employed under such circumstances be expected to cure? For the physician not to discern the source of a given difficulty, it seems to me, leaves him almost entirely unequipped for his contest with disease; in fact, makes it next to a certainty, that his treatment will be a failure. The application of certain laws in the various departments of science, will invariably produce foretold results. Most people are satisfied that twice two are four. By common consent the clock is looked to for the passing hours of day or night. In the school room, the mathematical problem becomes a fixed fact. We are satisfied that the time piece, if kept in order, faithfully and truthfully marks the chronological record which is furnished by the unerring sun. These things are known the world over, and estimated at their true value as indispensable helps in operating domestic and business institutions. There is a great difference, however, when we come to touch the matter of health, which, of all things, most profoundly concerns the human family. In this we should be more deeply interested than in any of our earthly calculations. Is it not proper that a regard for health take precedence of all other things in which people are concerned? No one can have a full share of happiness without it, nor carry on business as well with its standard impaired. If those about us are ill, whether bound to us by ties of relationship or not, it detracts from our happiness. I refer to that class of cases which come under the head of chronic diseases; I mean

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those troubles that linger and put upon the face of sufferers the indices of lasting, wasting, enervating diseases. The study of chronic diseases has become to me a continued pleasure, a fascination; and why? Because I can now find their causes, and to do this, is to have half won the battle in treatment. Think of the people daily striving to obtain a livelihood—in such departments of business as by choice or chance they are placed—who drag themselves through their duties, often racked with pain, so wearied as to look pictures of despair; think of the women and girls forced to thus maintain themselves and those dependent upon them, under conditions of ill health attended by that worst of all evils, *constant nerve waste*. I feel more than interested in this class of people, for the reason that I know the troubles which induce devastating nerve waste can be easily sought out and eradicated. Such people as I have described, are fighting an unseen enemy, but an enemy that is nevertheless constantly sapping the vitality, and forcing health farther and farther from the desired standard. I have often marveled at the manner in which the human family bears its ills of flesh and blood. They are borne as religious persecutions were borne, with a submission and fortitude remarkable in kind. I refer especially to chronic diseases. Many troubles attack the system in a painless, uneventful manner; so insiduously take possession of the body, or some of its organs or functions, that people so concerned seldom become awakened to a sense of the danger they are in until the trouble they have is well advanced. The treatment of headaches, backaches, indigestion, languor, loss of appetite, sleeplessness, nervousness, constipation, chronic diarrhoea, sexual impairment, paralysis, painful menstruation, in fact, the greater share of the chronic ailments of man and womankind have so often been a failure because symptoms of disease—the shadows of troubles—have been treated instead of the actual disease itself, that many people are prompted to avoid treatment rather than seek it, at the risk of renewing past unsatisfactory experiences. I am sure the average physician tries to cure his patients as speedily as possible. To cure them in the shortest possible time, is the shortest possible route to professional glory and deserved renown. It may be asked with propriety, why do so many suffering with chronic ailments become tired of doctors? With equal propriety it may be asked, why do so

many physicians consider the treatment of chronic diseases irksome? The answers easily follow: Patients become weary of treatment after a long, suffering experience with physicians; after much outlay of money, provided they get no permanent benefits to show for it. Many doctors tire of the oft-repeated response they get when the stereotyped question is put to patients, "How are you to-day?" and the answer of "no better, doctor," is returned. Doctors have failed in the past, and good doctors, too, because they did not understand that what most people complain of as actual disease is but the reflected shadow of it, and not the disease itself. Most symptoms we, as physicians, are called upon to treat, are due to morbid conditions located at points remote from those to which our attention is usually directed by patients. Too many times the patient makes the trump, plays the leading card, and the doctor follows suit. To the medical man who understands the subject of reflex or sympathetic irritation, such a course is an impossibility, for he certainly can point out the reasons for a patient's misconceived notions, and by logical reasoning predicated upon a thorough knowledge and understanding of orificial philosophy, orificial pathology, and orificial treatment, portray the exact nature of ailments, and make appear reasonable a certainty of cure. Experience and much observation have taught me that what most people complain of—I mean such as have symptoms, but never could succeed in cornering their trouble, or getting a suitable name for it—invariably have a localized, morbid condition, situated in some cavity or channel, ensconced, as it were, conveniently out of sight, yet always working to the great discomfort and abridgment of health. To state it more explicitly, the aches and pains, the blanched and sad faces we see in such multiplied numbers; the disordered and faulty working stomachs, the hearts irritable and palpitating, torpid livers, kidneys crippled in their work, bowels poor in peristaltic action, minds amiss in either sex, are but *the inevitable, the legitimate fruits of nerve waste*. Nerve waste is responsible for a poor capillary circulation, which may mean congestion in one part and lack of blood in another. Capillary circulation makes and keeps bones in repair; through it assimilation and nutrition are carried on. If this be so, then it must be plain that to abridge or destroy capillary action is to abridge repair, and the processes that sustain life.



Nerve waste balks the stomach in its treatment of food, handicaps the lymphatic system in its intricate, yet indispensable processes, prevents the bones from being well covered with cushions of muscle and fat, which are necessary that we may move or sit with comfort. Nerve waste does not exist, unless engendered by definite specific causes. It no longer admits of doubt that these causes are often found in the various cavities, channels and outlets of the body; and for obvious reasons, are usually located quite near orifices. An explanation here is essential, to a proper understanding of orificial troubles. The outlets of the body, such as the water passage and rectum, have circular muscles to guard them, that the excretions these channels, reservoirs, or sewers—so to speak—of the system contain, may only be discharged at such time and place as people desire. By way of explaining this matter, I will treat of the rectum, as it is more frequently the seat of disease than any other structure in the body. At its most dependent portion, at the very verge of the anus, just underneath the skin, there is a puckering muscle, or sphincter, as the doctors call it, supplied by a branch of the nervous system which works organs and functions according to the will of people. The sphincter just described works in obedience to our desires, as the tongue, hand or foot does. An inch above the muscle just described is another one, called the internal sphincter. It is supplied and operated by a branch of the great sympathetic nerve, a nerve that operates and sustains the organs and functions indispensable to human life. As I have noted, a branch of this nerve operates the internal puckering muscle, or sphincter, another the liver, another the kidneys, another the stomach, another the heart, another the circulation, and all this independent of ourselves, of our will power; whether we are asleep or awake, the sympathetic carries on its operations that our lives may continue, that our wasted tissues may be replaced, that newly elaborated products may take the place of those disintegrated and discharged. If anything occurs to impair the tone and vigor of the sympathetic nerve, the system does not, will not, cannot, in all departments supplied by it, do its full amount of good work. To put a clothes pin upon a piano string would be to destroy its normal tone, and likewise to destroy that euphony a perfect instrument enunciates. Not more delicate and sensitive

is the musical instrument than the human economy, with its network of marvelously constructed nerves and ganglia. Nothing is easier than to throw these bodily functions out of harmony. Many people on account of a supposed bilious condition, now and again take laxative medicines—pills, salts, rhubarb, fruit lozenges, Hunyadi Janos, or other water—to rid the system of bile, which usually does not exist. A free movement of the bowels generally follows the dose, but the second day the legitimate sequence, a constipated condition obtains, even if none existed before; this being an *invariable after effect* of cathartic medication. After this habit has been indulged in for a time, the stools become large, hard and dry, and frequently irritate and tear the sensitive mucous membranes of the rectum and cause it to bleed. Just in this way many troubles are established at the narrowest part of the rectum, situated a little above its outlet. The habit once formed of taking physic is usually kept up, the same as taking morphine. Every dose of physic taken aggravates existing troubles which by it have been induced, until finally the pile-bearing inch of the bowel becomes studded with piles, pockets or papillæ, one or all. When any of these troubles become established, they *invariably* induce from the irritation they set up, a spasm or shutting down of the internal sphincter, and mind you, this takes place without our knowledge or consent, because only the sympathetic nerve is concerned in the operation. We experience and can locate troubles in organs connected with rectum, womb or water passage, through ganglia situated in front of the spinal cord, rendering it possible, as may be seen, for almost any organ, function or locality to become involved through the law of reflex action. A regular movement of the bowels, with the matter passed of a proper consistency, is in no way a sign that rectal trouble does not exist; usually, however, in rectal troubles where constipation is not a prominent condition, the stools will be found small, not larger than the index finger. Instead of destroying the peristaltic action of the bowels the pernicious effects of official troubles are apparent in other organs, or functions, which from inherent or acquired weakness, easily succumb to the process of nerve waste. As these organs and functions are easily wrecked, so are they easily restored to maximum power, by removing diseased tissues, and amply stretching orifices that by

muscular spasm have for months or years been unduly closed. The dilation that completes most orificial work, in a flash warms extremities and enlivens tissues that have been cold and dormant for an incredible space of time. Few people can be found with absolutely sound teeth, and *fewer still* with rectum free from lesions.

Let us now refer to the water passage. Irritations and local diseased conditions are set up in it, due to the pouring over its sensitive membrane of morbid products which a handicapped blood-straining apparatus and a faulty working kidney have caused the urine to be loaded with. Under these conditions the neck of the bladder unduly closes upon its own sensitive neck, and at the same time, through sympathy, invariably to a greater or less degree affects co-ordinated and interdependent functions, and organs, and this as a sequence of undue sphincter action. To make this plain, is to refer to the fact that it is impossible in making water, to force the last drop of urine from the bladder without aid from the puckering muscle of the rectum; these functions are indissolubly connected. It is necessary to explain that a tight rectal sphincter would or could cause the bad showing made by kidneys as exhibited by the morbid urine. The neck of the womb, from flexions and injuries during labor, and from sexual abuse—not to say self abuse—and in various other ways, is liable to numerous diseased conditions; generally not in themselves painful, *usually not so at all*, but capable of inducing the most distressing and excruciatingly painful troubles and diseases in contiguous or remote organs, or functions, and this plainly, and only, through the law of reflex or sympathetic action. The trouble is induced in obedience to that law which creates palpitation of the heart, on account of a disordered stomach. When people consult me with distress depicted upon the face, with pain, languor, hands and feet cold, or unduly burning, stomach waning in digestive power, accompanied by headache, backache, irregular bowels, etc., etc., etc., I generally find upon critical and exhaustive examination, that instead of having an organic disease, such as heart disease proper, cancer of the stomach, or Bright's disease, such as they think they have, it is usually due to insufficient nerve power supplied these various organs, and that such inadequate nerve force is generally caused by apparently insignificant look-

ing morbid areas or lesions, located near an orifice, in some channel or cavity of the body. These troubles affect the stomach and other organs supplied by the sympathetic nerve, upon the same principle that pregnancy makes a woman sick at her stomach, and yet the stomach is absolutely without disease; upon the same principle that a foul stomach induces headache; that the sight of blood causes some people to faint; that an ingrowing toe nail—if bad enough—causes a swelling or abscess in the groin; that disease of the inside of the nose causes coughs, asthma, and other troubles. I think, for obvious reasons, rectal diseases are responsible for many more troubles of a reflex character than are morbid conditions concentrated in so small a space elsewhere. The rectum is quite constricted just above its outlet, besides its veins have no valves, and these veins easily become weak from the irritation and damage they often receive, also because they become stretched, enlarged, and many times are made to bleed. This state of affairs cannot exist, nor can pockets or papillæ, for which the last inch of the bowel is a favorite locality, without a spasm of the internal sphincter, and when the spasm is once established it stays established, until surgical measures—*which are entirely devoid of danger*—are employed to remove them. The choking of the nerve filaments at the lower end of the rectum, caused by the constant night and day, month and year, spasm in which the sphincter is maintained, robs the sympathetic nerve of its executive and function performing power, so that the organs supplied by it cannot do full duty; those that are naturally weakest, or have the most work imposed upon them, give way quickest. The sympathetic nervous system carries on the capillary circulation, and when this nerve has a branch appreciably handicapped, a good capillary circulation need not be looked for, as it cannot exist. Therefore, in view of these statements, something should be done when the system gets out of order to put the bars up against the encroachment of disease that steadily creeps in. To not do this, is to let disease hold sway.

Chronic diseases can almost all be cured, but to prevent them is a wiser proceeding than to wait for them to occur in order to cure them. The symptoms for which the uninitiated can find no satisfactory cause, become to those familiar with official pathology an index of the trouble, as plain as the "handwriting on the

wall." The trouble, once located, is easily removed by a surgical procedure as devoid of danger as the opening of a boil, or the extraction of a tooth. Most people have a horror of a knife in these cases. I seldom employ one, preferring a delicate and specially constructed pair of scissors for the purpose of ablating here and there such little excrescences, or removing such diseased sulci, as I find responsible for a great majority of chronic diseases. Most all chronic skin diseases are susceptible of cure by orificial treatment, because they are usually due to a morbid nutrition of the skin. The last two years of my professional life has resulted in doing more good to that unfortunate class of people, whose troubles are chronic in character, than all my previous years of practice. Formerly I treated chronic diseases because I had to, now I treat them because it is a pleasure; a pleasure, because I can divine the cause of most chronic diseases, and it is more than a pleasure to be able to assure people that a cure awaits them. Nearly every chronic difficulty, not malignant in type, is amenable to the curative influence of thorough scientific orificial work. Many people are found to have rectal trouble, and yet experience no pain, and with propriety ask, "Why?" The explanation is easily adduced, the troubles most prevalent, such as pockets, papillæ and internal piles, are situated above the cerebo-spinal nerve in its rectal distribution, and thus renders it on anatomical grounds easy to account for absence of pain. These troubles, however, which are unattended by pain at the original seat of the difficulty, work dire consequences upon the nervous system, and inaugurate troubles outweighing in importance the slight pathological significance they *may seem to possess*. Orificial diseases are more numerous than street numbers, and are responsible for the sufferings of a large percentage of the human family; the masses, therefore, should at least know enough of the subject to interpret the essence of its truths, and understand the bearing it has upon the welfare of the human family.

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